I claim:

1. A device for sensing foot contact with a surface comprising: an electrical circuit, a vibrator, a switch, a power supply, said power supply, switch and vibrator connected to said electrical circuitry whereby closing said switch by contacting a surface will activate said vibrator.

2. The device of claim 1 wherein said power supply comprises a battery.

3. The device of claim 1 wherein said switch comprises a push button switch of the normally-open type.

4. The device of claim 1 wherein said vibrator is a mobile phone vibrator.

5. The device of claim 1 wherein said battery is a nine volt (9V) battery.

6. The device of claim 1 wherein said electrical circuitry comprises a metal conductor, said conductor for delivering electrical current from said power source through said switch to said vibrator.

7. The device of claim 1 further comprises a strap, said strap attached to said vibrator.

8. The device of claim 7 wherein said strap is a hook and loop fastener material.

9. The device of claim 1 further comprising a shoe, said switch mounted in said shoe.

10. The device of claim 9 wherein said switch comprises a push button, said shoe exposing said push button.

11. An electrical sensing device for wearing on the leg to signal the wearer when the foot strikes the ground surface comprising: an electrical conductor, a battery, a push button switch and vibrator, said battery, push button switch, and vibrator connected to said electrical conductor to form a circuit, a shoe, said switch contained within said shoe, a leg strap, said vibrator positioned on said leg strap, said leg strap attached to the wearer's leg whereby the wearer placing the shoe on the ground closes the switch to activate said vibrator and signal the wearer.

12. The device of claim 11 wherein said strap is a hook and loop fastener material.

13. The device of claim 11 wherein said shoe defines an opening in the heel to expose said switch.

14. The device of claim 11 wherein said battery is affixed to said leg strap.